

WHAT IS CLAIMED IS:

1. A method of performing abdominal crunch exercises, comprising the steps of:

5 providing an exercise apparatus having a frame; a seat mounted on the frame; a handlebar movably mounted on a first portion of the frame and extending generally vertically upward in front of the seat; a foot support movably mounted on a second portion of the frame and extending generally horizontally outward beneath the handlebar and forward of the seat, wherein the foot support has a forward end sized and configured to support a user's feet, a first rearward portion pivotally connected to the frame, and a second rearward portion linked to the handlebar in a manner that links downward movement of the handlebar to upward movement of the foot support;

15 having a user sit upright on the seat, place his hands on the handlebar, and place his feet on the foot support; and

having the user lift his feet by doing any combination of (a) lifting upward on the foot support, and (b) pushing downward on the handlebar.

20 2. The method of claim 1, wherein the forward end of the foot support has upper and lower foot engaging portions, and the first having step involves having the user maneuver his feet between the upper and lower foot engaging portions.

3. An abdominal exercise apparatus, comprising:

25 a frame;

a seat mounted on the frame;

a handlebar movably mounted on a first portion of the frame and extending generally vertically upward in front of the seat; and

5 a foot support pivotally mounted on a second portion of the frame and extending generally horizontally outward beneath the handlebar and forward of the seat, wherein the foot support has a forward end sized and configured to support a user's feet, and a relatively rearward portion linked to the handlebar in a manner that links downward movement of the handlebar to upward movement of
10 the foot support.

4. The exercise apparatus of claim 3, wherein the forward end of the foot support has upper and lower foot engaging portions configured and arranged to accommodate a person's feet therebetween.

15 5. The exercise apparatus of claim 3, wherein the seat is rigidly connected to the frame.

6. The exercise apparatus of claim 3, further comprising an adjustable resistance device interconnected between the frame and at least one of the handlebar and the foot support.

20 7. The exercise apparatus of claim 3, wherein a handlebar link has a forward end pivotally connected to a lower end of the handlebar, an intermediate portion pivotally connected to the frame, and a rearward portion pivotally connected to an upper end of an intermediate link, and an opposite, lower end of the
25 intermediate link is pivotally connected to the relatively rearward portion of the foot support.

8. The exercise apparatus of claim 7, wherein a rearward end of the foot support is pivotally connected to the frame, and the relatively rearward portion of the foot support is disposed between the rearward end of the foot support and the forward end of the 5 foot support.

9. The exercise apparatus of claim 7, further comprising an adjustable resistance device interconnected between the frame and a rearward end of the handlebar link.

10. The exercise apparatus of claim 7, further comprising an 10 adjustable resistance device interconnected between the frame and the foot support.

11. An abdominal exercise apparatus, comprising:

a frame;

a seat mounted on the frame;

15 a handlebar having a first end sized and configured to support a person's hands, an intermediate portion pivotally connected to the frame, and an opposite, second end;

20 a foot support having a first end sized and configured to support a person's feet, and an opposite, second end pivotally connected to the frame; and

at least one link pivotally interconnected between the second end of the handlebar and an intermediate portion of the foot support to link downward movement of the handlebar to upward movement of the foot support.

25 12. The exercise apparatus of claim 11, wherein the at least one link includes a connector link that extends generally perpendicular to the foot support.

13. The exercise apparatus of claim 12, wherein the handlebar includes a generally horizontal section that extends generally parallel to the connector link.

14. The exercise apparatus of claim 11, wherein the handlebar 5 pivots about a first pivot axis relative to the frame, and the foot support pivots about a discrete, second pivot axis relative to the frame.

15. The exercise apparatus of claim 14, wherein each said axis extends beneath a planform defined by the seat.

10 16. The exercise apparatus of claim 11, further comprising an adjustable resistance device interconnected between the frame and the handlebar.

17. The exercise apparatus of claim 11, further comprising an 15 adjustable resistance device interconnected between the frame and the foot support.